



Wethersfield Senior Center News

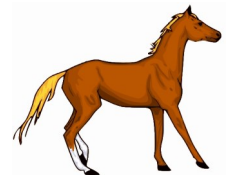
Wm. J. Pitkin Community Center
30 Greenfield Street, Wethersfield, CT 06109
Tel.: (860) 721-2979 FAX (860) 721-2956
Lisa Galipo, Senior Center Coordinator
Lisa.galipo@wethersfieldct.gov

OCTOBER, 2016

Musical Entertainment—On **Mon, October 3 at 1pm**, the Senior Center will welcome entertainer, Mr. Martin Swinger. Martin is a very talented singer/songwriter. He plays guitar and specializes in favorite oldies and his own original tunes. He laments the loss of meaning in today's music and says he likes to "sing songs worth listening to!" Admission is \$2 for Senior Center members and \$4 for non-members. Snacks will be served.



Lunch & Learn—On **Tue, October 25 at 12N**, the Senior Center welcomes author, Janet Barrett. Janet will tell us the true and touching story of a real-life War Horse named "Reckless" made famous during the Korean War. Reckless was a pony drafted by the US Marine Corp Fifth Regiment Rifle Platoon. She stood by her buddies for two years during the war, saving lives, raising spirits and winning the love and respect of all who knew her. In an especially savage battle for Outpost Vegas, Reckless proved her bravery and resilience by hauling ammunition for three days and nights for which she was awarded two Purple Hearts! This is a story you won't want to miss. Two free books will be given as door prizes. Call Lisa at 860-721-2979 by Fri 10/21 to register. A light lunch will be served.



Bingo Craft Fair—On **Wed, October 12**, the Bingo Club will hold it's annual craft fair. The ladies in the craft and knitting group have been working feverishly to create beautiful home-made treasures including blankets, hats, mittens, scarves, baby clothes and more! Come browse and buy some early Christmas presents! All proceeds benefit the bingo club.

Flu Shot Clinics

The annual flu shot clinics sponsored by the Central CT Health District will be held as follows:

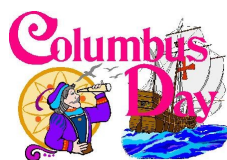
- Pitkin Community Center in Wethersfield—Oct 4, 9a-12N and Oct 13, 2:30-6p
- Newington Senior & Disabled Center— Oct 5 from 9a-12N and Oct 26, 2:30-6p
- Berlin Community Center— Oct 6, 9a-12N and Oct 19, 2:30-6p
- Rocky Hill Community Center—Oct 11 from 9a-12N and Oct 20 from 2:30-6p

Call 860-721-2822 for details regarding cost, insurances accepted, and other questions.



Holiday Closure

The Senior Center will be closed on
Monday, October 10 for the Columbus
Day holiday.



Thought for the Month

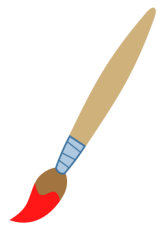
It's nice to be important, but it's more
important to be nice!

—Garry Marshall

It's Not Too Late to Join a Class!

Many of our classes began last month, but not to worry... it's never too late to join! For more information about our classes, call Lisa at 860-721-2979. You can register in person with Lisa or in the Parks & Recreation office.

- **NEW—The Artist's Journey**—Wed, 9/14-12/14, 10-11:30a. This course allows you to explore your interests & abilities by making a series of art pieces using different media including drawing, painting & sculpture. We'll explore what makes each artist's work unique and build on skills. The class will utilize different media in 2-3 week segments but participants will have the option to continue in the media of their choice. All levels of ability welcome. Cost: \$28
- **NEW—Lively Minds Roundtable**—Mon, 9/19-10/31, 1:30-2:30p. Lively Minds is a participatory roundtable moderated by Jim Gregory. This long-time philosophy teacher will lead discussions finding the patterns and connections across a wide range of topics. Your expertise and life experience furthers the conversation. Every idea is treated like a building block, whether it involves the arts, sports, advertising or political issues. We'll incorporate humor, puzzles, insights and issues of the day. Lively Minds will get you thinking! Cost: \$12
- **Art & Mindfulness**—Thurs, 9/22-12/15, 9:30-10:45a. Students in this class enjoy emotional and spiritual growth, experientially exploring all facets of mindfulness. Come foster your artistic growth while having fun learning art basics. You'll be encouraged to "break all the rules" as your creativity and unique artistic expression soars! Art basics covered will include drawing techniques using wet & dry drawing mediums, design elements & principles, and various subject matters such as portraits. All levels of ability welcome. Cost: \$24
- **Painting with Faye**—Tue, 9/13-12/13, 10-11:30a. Join artist Faye Ahlberg as she cultivates the innate talents of her pupils. In this free-flowing class/artist group, Faye provides individual instruction and guidance for your burgeoning self-expression! Beginners and experienced painters welcome. Students are free to use water-based mediums including acrylics and water colors. Cost: \$28
- **Belly Dance**—Thur, 9/8-11/17, 12:30-1:30p. This class began with a guest instructor, Tiare Kahana of Kahana Hula on 9/8 & 9/15. The last 9 weeks of class will be with instructor Roseanne who will continue her instruction of the artful & graceful belly dance. This is low impact, weight bearing exercise that's fun and helps firm and tone muscles. Cost: \$22.
- **Chair Yoga**—Mondays, 9/12-12/19, 11:30a-12:30p. Thursdays, 9/8-12/15, 2-3p. Learn yoga basics using a program for all fitness levels. All movements are done seated and will work your core & extremities. Benefits include increased flexibility, strength & relaxation! Cost: \$28 for Mondays or Thursdays, or \$50 for both! This class is generously supported by the Keane Foundation.
- **Good Life Functional Fitness**—Mon/Wed, 9/19-12/14, 1:30-2:15p. This structured exercise group is run by an exercise professional from the Hartford Healthcare system. The two 45-minute sessions weekly will help you maintain functional mobility and strength using a series of progressive exercise routines focused on improving posture, balance, agility & strength. Cost: \$30
- **T'ai Chi Qigong**—Thur, 9/22-12/15, 11a-12N. This class includes movements from T'ai Chi Chuan along with teachings from the ancient healing system, Qigong. Recent research indicates that T'ai Chi eases pain, improves balance and reduces blood pressure & cholesterol. A study by the American Geriatric Society showed that after taking T'ai Chi classes for one month, seniors were 50% less likely to fall! Mindfulness, meditation & acupuncture are also incorporated in this class. Cost: \$24



Computer Learning Center Fall Schedule

Tech Gadget Assistance Returns!

We are happy to announce that a high school senior from the Sports & Medical Sciences Academy of Hartford will be available to assist you in the Computer Learning Center beginning this month. He will provide one-to-one assistance during lab times on Tuesdays & Thursdays from 4-5pm. **Bilal Nizami** is following in the footsteps of a very popular student volunteer who was here in 2015, Fadil. Bilal is very familiar with Windows 10, Apple and Android tablets & smartphones, digital cameras and other high tech devices. He tells us he has been using computers since he was 3-years old and he is very excited to have this opportunity to give back to the community by helping seniors! So be sure to take advantage of this wonderful program. Bilal will provide assistance by appointment only. Call Lisa at 860-721-2979 for appointments!

You can also register for these upcoming classes on-line or in person with Lisa or in the Parks & Rec office.

- **Windows 10 Intermediate**—Using Windows 10, we'll explore the internet, search, create favorites, print web pages and discuss privacy & security. We'll open, view, edit, print & save photos using Windows 10 photo app, become acquainted with the Movies & TV app and listen to music with Windows Media Player. Text included. \$5 discount for Welcome to Windows 10 class graduates. Tue/Thur, 10/4, 6, 11, 13, 9:30A-12P. Cost: \$40

And Coming in November...

- Kindle App Workshop—Thur, 11/10, 10a-12N, \$10
- iPhone for New Users I—Tue, 11/29, 12:30-2:30p, \$10
- iPhone for New Users II—Wed, 11/30, 12:30-2:30p, \$10
- iPad Beginners—11/14, 15, 16 & 18, 12:30-3p, \$40



Important Fall Programs

Energy Assistance

The Energy Assistance program provides assistance for heating expenses incurred in the 2016/2017 heating season. The annual Energy Blitz will be held on **Wed, October 19** from 9:30a-2pm. This day is for Wethersfield oil customers only. To be eligible for energy assistance, a household's gross annual income must fall below certain guidelines. Energy assistance outreach dates are as follows:

—Wethersfield Housing Authority (60 Lancaster Road)—Wed, 11/2, 9a-12N

—Nathan Hale Apts (1532 Berlin Turnpike)—Wed, 11/16, 9a-12N

—Nathan Hale Apts (1534 Berlin Turnpike)—Wed, 11/30, 9a-12N

—Lasher Court—Wed, 12/14, 9-11a and —Fuller Housing (31 Butler Street)—Tue, 1/10, 9a-12N

Wethersfield residents should call 860-721-2977 for information about what documents are required to apply and for appointments.

Medicare Open Enrollment

Medicare's annual open enrollment period runs from **October 15 through December 7**. This is your annual opportunity to make changes to your Medicare insurance coverage for 2017. During open enrollment, you can choose a different Part D plan to pay for medications, switch to a Medicare Advantage Plan, or switch back to traditional Medicare from an Advantage plan. Remember, insurance plans can change the drugs they cover each year and the physicians enrolled in their networks. It's important to check that these changes will not effect you in 2017. If you have questions or would like help exploring your options, call Lisa at 860-721-2979 or Chris Taylor at 860-721-2977 for an appointment.

On-Going Senior Center Activities



- ⇒ **Bingo** meets every Wednesday in the Banquet Room. Arrive 10:30-11:45a to get your cards! Bingo officers: Agnes Bolasevich-President; Carol Tedone-Vice President; Rose Hall-Secretary; Marie Cerbo-Treasurer.
- ⇒ **Golf League** plays in Goodwin Park during the summer and fall. Contact Jim McNamara at 860-563-4586 or Chris Guinan at 860-563-5761 for more information.
- ⇒ **Informal Card Group** holds weekly games each Tuesday at 1:15pm. Call if you're interested in starting a particular game!
- ⇒ **Mah Jongg** continues on Tuesdays & Thursdays at 10am. Looking for new players! Teacher available for beginners.
- ⇒ **Free Mini Manicures**—offered by Newington Health Care on **Wed, Oct 19, 10a-12N**. Manicures include filing, buffing & polishing. Call Lisa at 860-721-2979 for an appointment.
- ⇒ **Needlework Crafts** meets Mondays, 9:30-11:30a in Rm S2. The group knits & does needlework for a bingo fundraiser. Contact Pam Silva at 860-721-6267 for more information.
- ⇒ **Red Onion Senior Quilters** —meetings are on the third Monday of each month. The next meeting is on **Mon, Oct 17** at 10a.
- ⇒ **The Rhythmairs Choral Group** practices on the 2nd & 4th Thursdays of each month at 1:30pm. The group sings at local nursing homes & assisted livings upon request.
- ⇒ **Setback**— Meets Fridays, 12N, in the Banquet Room. Join our friendly group! Everyone's welcome including singles & partners, beginners & experienced players. Come early at 11:30a for free coffee/tea and pastry. Contact Joe or Claire Mehan at 258-0662 for more info.
- ⇒ **Wii Bowling** meets on Tuesdays and Thursdays at 1pm.
- ⇒ **The Community Café** serves lunch Mon-Fri at 12N to persons 60 years or older and their spouses or caregivers. The suggested donation is \$2.50 for seniors and \$5 for caregivers. To reserve your lunch, call 860-721-2955 one day in advance between 10am and 12N.

Monday Afternoon at the Movies!

Free movies resume on Mondays at 1pm. No registration is required. Movies are subject to change depending upon availability. Showing in October:

Oct 17—Elsa & Fred. Starring Christopher Plummer & Shirley Maclaine. This is the story of two people who, at the end of the road, discover it's never too late to love. After losing his wife, Fred feels confused and alone, so his daughter helps move him into a small apartment where he meets Elsa. From that moment on, everything changes! PG-13, 97min.

Oct 24—The 33. Starring Antonio Banderas & Lou Diamond Phillips. A compelling true story of survival, this gripping drama chronicles the massive 69-day effort to rescue thirty-three Chilean miners trapped more than 2,000 feet underground. PG-13, 127min.

Oct 31—Me Before You. Planning to stay just six months, Lou Clark takes on the job of looking after rich but depressed Will Traynor who's been left quadriplegic by an accident. Despite Will's disillusionment, Lou is determined to show him that his life is worth living. PG-13, 110min.



Senior Center Health Programs

Free Blood Sugar Testing— **Fri, Oct 14** in the Banquet Room from 11a-12N. Apple Rehab of Rocky Hill provides this service on the 2nd Friday of each month.

Free Blood Pressures— **Wed, Oct 12** from 10:30-11:30a. Ellis Manor provides this service on the 2nd Wed of each month in the Banquet Rm. And on **Thur, Oct 27**, 12:30-1:30p outside the Senior Ctr office, Cedar Mountain Commons provides BPtesting on the 4th Thur of each month.

Foot Care Clinics—**Fri, Oct 7 & Tue, Oct 25**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 860-721-2979 for appt.

Wethersfield Stroke Club—A support group for stroke survivors & their families meets on the 2nd Tuesday of each month from 2-4pm in the Fireside Room. Contact Joan Haines at 860-529-2281 for more information or go to www.strokesupport-ct.org.

Watch Your November Newsletter for...

- Musical Entertainment on **Mon, Nov 7 at 1pm** features “The Elderly Brothers” duo T-Bone Stankus & Brian Gillie. They lit up our 2015 summer picnic with their zany style but unmistakable talent! You won’t want to miss these guys!
- Friday Feature—On **Fri, Nov 11 at 10am** come learn about the Hartford Hospital Fire of 1961 from F. Mark Granato, author of “Out of Reach: The Day Hartford Hospital Burned.”
- Lunch & Learn—On **Tue, Nov 15 at 12N** come learn about the importance of listening to your intuition and developing your psychic gifts from a life-long clairvoyant!
- \$3 Haircuts—**Fri, Nov 4**. Call Lisa for an appointment.